Sticky Toffee Pudding



Ingredients for Sponge:

100g Self Raising Flour, plus extra for dusting

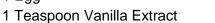
100g Pitted / Stoned Dried Dates

88g Soft Dark Brown Sugar

26g Soft Butter

2 Tablespoons Golden Syrup

1 Egg



1 Teaspoon Bicarbonate of Soda

Ingredients for Toffee Sauce:

100g Soft Dark Brown Sugar100g Butter200g Double Cream



Bring an 18 x 18cm square baking tin and a piece of tin foil to cover the tin at the end of the lesson.

You will also need a small plastic container to take home any spare toffee sauce.

Method:

- 1. Preheat the oven to 200°C or Gas Mark 6.
- **2.** Grease an 18cm square baking tin thoroughly with oil and line with a piece of greaseproof paper.
- **3.** Crack the egg into a small bowl.
- **4.** Place the butter and sugar into a large plastic bowl and whisk together using an electric whisk. Slowly add the golden syrup, egg and vanilla extract to the butter mixture and continue mixing.
- **5.** Turn the whisk down to a slow speed and then add the selfraising flour. Once all the ingredients are combined, turn off the electric whisk.
- 6. Place the dates in a saucepan with 150ml water. Place the saucepan on the front of the hob and bring to the boil.
- 7. Remove the saucepan and place on a pan stand and purée the water and date mixture using a hand held blender.
- **8.** Add the bicarbonate of soda. While it is still hot, quickly add this mixture to the large plastic bowl and mix together with a white plastic stirring spoon.
- **9.** Once the mix is combined, pour into the prepared tin and bake for 25 to 30 minutes until the top is just firm to the touch.
- **10.** Remove the pudding from the oven and allow it to cool in the tin.
- 11. Turn out of the tin and cut into squares.
- **12.** To make the sauce, place the butter and sugar in a small saucepan and melt. Add the cream and gently heat and bring to the boil. Simmer for a few minutes until the sauce reaches the desired consistency.
- **13.** To serve, reheat the sponge in a microwave, or for five minutes in a 180°C oven. Place onto a plate with lots of the sauce on top and a scoop of custard or vanilla ice-cream if you wish.

